



SUN & UV PROTECTION [SunSmart] POLICY

Rationale

- Overexposure to UV during childhood and adolescence is a major factor in determining future skin cancer risk. Melanoma is the most common cancer in young Australians aged 13-24 years.
- Ultraviolet (UV) radiation cannot be seen or felt, comes directly from the sun and can also be scattered in the air. It is reflected by surfaces such as buildings, concrete, snow, and sand and can pass through light clouds.
- UV radiation varies in intensity across the year and is normally highest during school hours.
- However, **too little exposure** to UV radiation can lead to low vitamin D levels.
- The daily sun protection times let you know when you do and don't need sun protection each day. They are available via the free SunSmart app on the [SunSmart](#) and [Bureau of Meteorology](#) websites.
- UV radiation is a known workplace hazard for any students or staff spending any part of their day outdoors. OH&S risk controls should consider the school environment including:
 - developing shade
 - modifying highly reflective surfaces
 - higher risk times in Victoria between September and April (inclusive)
 - outdoor programming schedules
 - dress codes

Purpose

- To create environments and encourage behaviours which reflect a healthy UV exposure balance, ensuring some sun exposure for vitamin D while minimising the risk of skin cancer.
- To ensure Newport Lakes Primary School complies with DET policy and guidelines and the legislative requirements of *Occupational Health and Safety Act 2004*.

Definitions

"SunSmart" is a jointly funded initiative of the Cancer Council of Victoria and VicHealth and promotes a balance between the benefits and harms of ultra violet (UV) radiation.

Implementation

- The school will endeavour to ensure students and staff maintain a healthy balance of UV exposure from the sun.
- The school will **assist** students to be responsible for **their own** sun protection.
- Each student is to use their own sunscreen provided by parents and kept in the student's school bag.
- Unless there is a specific health issue and for students with naturally dark pigmented skin, all students will be required to use SPF 30+ broad spectrum, water resistant sun screen. Each child is to use their own sunscreen provided by parents and kept in the students school bags.
- The school will remind students to apply their **own** sunscreen prior to snack or lunch during terms 1 and 4, and prior to outdoor activities where students will be exposed to sun for long periods of time. It is expected students will arrive at school with sunscreen already applied.
- New families and new staff will be informed of the policy.
- Safe UV exposure will be encouraged whenever UV Index levels are below 3.
- School Council and staff will:

- develop and implement a UV communication strategy for the whole school community that includes:
 - newsletters
 - the school's homepage / intranet
 - staff and parent meetings
 - school assemblies
 - excursions, camps, sports carnivals and events
 - student enrolment / new staff orientation
- The school will adopt SunSmart principles.
- The school's sun protection measures will include:
 - provision of shade
 - suitable clothing including hats (dress code)
 - sunglasses
 - sunscreen
 - role-modelling
 - curriculum
 - community awareness
- As part of the dress code, students will be required to wear hats that cover their face, neck and ears when outdoors in fourth and first terms (i.e. between the months September to April).
- ***On days involving alternate dress other than school uniform (eg. casual clothes day, big day out, beach program etc) students are required to wear a suitable sun hat and clothing that covers neck, shoulders and upper arms.***
- Staff also will be required to wear hats whilst on yard duty during this period.
- Students and staff will be encouraged to wear close fitting, wrap-around sunglasses that meet the Australian Standard 1067 (Sunglasses: Category 2,3 or 4 and protect and cover as much of the eye as possible).
- Parents and visitors to the school will be encouraged to use the full range of sun protection measures when attending outdoor activities.
- Please refer also to the school's *Uniform/Dress Code Policy* and the *Swimming Instruction/Water Safety Policy*.

Evaluation

- This policy will be reviewed as part of the school's three-year review cycle or if guidelines change (latest DET update late April 2017).

This update was ratified by School Council in December 2017

Reference:

www.education.vic.gov.au/school/principals/spag/health/pages/sun.aspx